

Fuel for Fitness

A Nutrition Quiz Game

1. Reproduce and cut out the Fuel for Fitness cards.
2. Have students break into teams of 3-5 each. Assign a moderator to read the questions.
3. Allow each team to take a turn answering the questions.
4. Consider offering incentives such as stickers, pens, pads, coupons, etc. when students provide the correct answer.

<p>When you are active at sports and play, it's important to drink enough:</p> <p>A. Fruit Punch B. Water C. Soda Pop D. Coffee</p> <p>Answer: B</p>	<p>The best diet for an active kid consists of:</p> <p>A. Pasta and bread B. Meat and eggs C. Donuts and cake D. A balance of foods from all five food groups</p> <p>Answer: D</p>	<p>The following foods are a good source of protein:</p> <p>A. Water and orange juice B. Lettuce and Strawberries C. Peanuts and chicken D. Licorice and gum drops</p> <p>Answer: C</p>
<p>An athlete performs best when their body is:</p> <p>A. Well fueled and strong B. As thin as possible C. Very tall D. On a strict low-calorie diet</p> <p>Answer: A</p>	<p>How many servings of grains should you eat each day?</p> <p>A. As few as possible B. 2 ounces* C. 25 ounces* D. For most kids and teens, in the range of 5 to 8 ounces*</p> <p><small>*An ounce of grain is like 1 slice of bread, 1 cup breakfast cereal, or ½ cup rice or pasta.</small></p> <p>Answer: D</p>	<p>Kids who eat breakfast on school mornings:</p> <p>A. End up cranky by lunch B. Concentrate better on schoolwork C. Are often more forgetful D. Always have a stomachache</p> <p>Answer: B</p>
<p>If you have sports practice in the afternoon, you should:</p> <p>A. Eat a healthy snack right after school B. Drink a can of pop right before you go C. Take candy along in case you get hungry D. Never eat or drink anything until practice is over</p> <p>Answer: A</p>	<p>This nutrient, found in milk and dairy products, helps active kids build strong bones.</p> <p>A. Calcium B. Sodium C. Fiber D. Sugar</p> <p>Answer: A</p>	<p>Which of the following is a good source of fiber?</p> <p>A. Broccoli B. Peanuts C. Whole Wheat Bread D. All of the above</p> <p>Answer: D</p>
<p>The best way to improve at your favorite sport is to:</p> <p>A. Take a lot of vitamin supplements B. Practice C. Go on a low calorie diet D. Sleep a lot</p> <p>Answer: B</p>	<p>The more colorful choices in this food group usually have the most nutrition.</p> <p>A. Jelly Beans B. Milk C. Vegetables D. Water</p> <p>Answer: C</p>	<p>To stay fit and healthy, kids should participate in physical activity, including sports, P.E. and active play:</p> <p>A. At least one hour each day B. If they have time after their homework is finished C. 1 - 2 hours per week D. Only when the weather is nice</p> <p>Answer: A</p>
<p>During sports or active play, your body's greatest need is for:</p> <p>A. A victory B. Extra water C. Something sweet D. A good nap</p> <p>Answer: B</p>	<p>How many ounces of meat, fish, or chicken (or meat equivalents*) do you need each day to meet your protein requirement?</p> <p>A. As much as I can eat B. none C. 5 to 7 ounces D. 16 to 20 ounces</p> <p><small>*Examples of 1 ounce meat equivalent include ¼ cup beans, 1 egg or 1 Tablespoon of peanut butter.</small></p> <p>Answer: C</p>	<p>Kids who are willing to try new foods:</p> <p>A. Have a straight "A" average B. Are weird C. Have trouble in school D. Have a better balanced diet</p> <p>Answer: D</p>